

Let a nutritious breakfast make your day

Let breakfast make your day. If you run out of energy long before the lunch hour, avoid the mid-morning slump by eating a good breakfast.

Morning is the time to "break the fast" and refuel the body for the day ahead. You will have the energy necessary to keep going and to be alert. Children who take time to breakfast are usually better able to concentrate at school.

Breakfast skippers often don't get all the vitamins and minerals the body needs for good health. And because they are so hungry they may overeat calorie-rich snacks. A light breakfast might include fruit juice, toast, and milk. And remember, a glass of juice is better than nothing.

Beat the mid-morning slump—eat breakfast and go full steam until lunch!

The single lifestyle has its benefits—and and its drawbacks. One drawback is not taking the time or effort needed to nourish your body properly. It's easy to simply "grab a bite" without considering the nutrients the bite contains.

Benefits of the single lifestyle are flexibility and independence, but don't let those two advantages interfere with your health. Keep in mind that good health is no accident, and it can be wrecked by poor

nutrition. Fuel (calories) is only one of the essential factors necessary for good health.

Starvation can be fended off with tea and toast or a giant hamburger, but these foods alone are not enough. Radiant good health depends on thoughtful food choices.

The important groups of food are fruits and vegetables; breads and cereals; milk, cheese, and other dairy products; and meat, poultry, seafood, legumes, and nuts including peanut butter.

Each group provides essential nutrients, however none of the groups are nutritionally complete. In addition, sugars, fats, and oils fall naturally into eating patterns. As a team working together, the foods satisfy all the body's nutritional needs.

Within this food grouping system you can choose foods to avoid obesity or high blood cholesterol level, just as you can choose to exercise daily.

Concentrate on variety. No single food contains all the vitamins, minerals, amino acids, and essential fatty acids your body needs. Eat a variety of foods to get all the nutrients required. A dietary rut is not only boring, it can be a health hazard. And, thoughtful eating helps make living an art!

You are best advised to get your nutritional needs from food. If you

are not sure how to do it, buy a reputable book on nutrition or consult a dietitian. Women have special nutrient needs. Target nutrients for women are iron, calcium, folacin, and vitamin B6.

If you and/or your physician decide you need to take a supplement, either because you need one or because you want a "just-in-case" margin of safety, the sensible guide is to select a combination multi-vitamin/mineral supplement that contains a variety of vitamins and minerals in amounts no greater

than 100 percent of the U.S. RDA. The Recommended Daily Dietary Allowances (RDA) are amounts of nutrients recommended by the food and Nutrition Board of the National Research Council and are generous allowance based on the most recent research to more than meet the nutrient needs of most healthy Americans. Because it is highly unlikely that your body needs more than the RDA for any vitamin or mineral, the use of "high potency" supplements is of little value. Read the label!

4-H camp pioneering the future

This innovative high tech, high touch camp is now in its third year. Open to any youth in fourth to eighth, this camp will be held at the 750 acre 4-H Center, near Salem, Oregon the week of August 10-15. This year's camp will again deal with aerospace and computers, but will offer yet a different slant from the past two years. This year, campers will find out what it would be like to undergo training to become a space pioneer. In addition to learning about rockets, computers and other "high tech" equipment, they will learn about the future of health and medicine, food production and preparation, shelter and clothing.

This camp is definitely for both boys and girls. Some of the activities planned include: designing futuristic structures with the aid of a computer, using a word processor and data processor, making yogurt, drying food, making tofu, clothing construction for the year 2000, learning to fly the space shuttle, constructing a geodesic dome structure, deciding

what to pack for that long trip into space, and learning about how to keep your body and mind fit. In short, campers will learn about the mental and physical skills needed to confront the future, explore space and set up a new space colony in the year 2000.

This camp is jointly sponsored by Oregon State University Extension Service, OMSI, The Oregon

Aerospace Association. Cost for the week long camp is \$145.00. The deadline for registration is July 1, 1986. More information and a registration form can be obtained by calling the Warm Springs of Jefferson County Extension offices. Space is limited and on a first-come, first-served basis so apply early.

Four-year-olds are exuberant, adventurous

Exuberant and adventures describes four-year-olds. They love excitement and anything new. Their creative imagination leans toward inventing more things to do, but their interest span tends to be short.

At four, physical strength and energy has increased considerably. They like outdoor play that involves rough and tumble games, as well as running, jumping, hopping, skipping, and climbing. They rarely admit they're tired. Since they now think they're too old for naps, plan for daily quiet time. Tantrums, silliness, or aggressiveness usually are signs of fatigue.

At this age, children require companionship. They feel bad if they are isolated from the play group. Peers have become so important children may defy their parents in order to please playmates. Four-year-olds can play simple games in groups, but the games may end suddenly. It happens because each child wants to make the rules and decisions without regard for anyone else. In general, this is the year when taking turns and sharing gets better.

Children this age turn to parents to solve most of their problems but

they are torn between parent and peer influences. They discover subtle ways to resist you rather than flatly saying, "No."

Although four-year-olds have learned to handle an amazing number of emotional upheavals, many have wide mood swings. They may be pleasant one moment, in a rage the next. This one moment, in a rage the next. This calls for both firmness and freedom on your part. Many parents find that giving a "time out" period teaches children their unpleasant moods are not going to disrupt the family. Take children gently to their room saying, "It seems you need time. When you feel better come back and play where we are." Emphasize that they can come out when they feel better rather than setting a time limit on their stay. Many spats between playmates can be resolved by the children without parental interferences. However, be on guard against uncontrollable fighting or use of objects that could harm either child.

Four-year-olds continue the rapid intellectual growth characteristic of preschoolers. With a longer attention span they spend more time engaged in activities of interest.

They expand their language skills by attempting new, big words. They make up rhymes and words of their own like, "merfy, werfy, derfy" which brings on gales of laughter and more improbably words. They also discover swear words and "potty talk." It's best to ignore undesirable words as much as possible. Make it a habit to praise words you want to hear like "please" and "thank you," or offers of help.

They play of four-year-old's reflects imagination and love of pretending. Small-scale woodworking tools or household equipment particularly fascinate them. Climbing, swinging, sliding, and riding a trike favorite outdoor activities. Indoors they can spend a lot of time with creative materials: paper, scissors and paint, books, musical instruments, and building blocks.

Encourage their interest in books by helping them write their own. After a trip to the zoo, a birthday party, or any event, help them cut and paste pictures into a booklet of four or five pages. Under each picture print words your child chooses to represent the picture. Children are proud of books they write, often reading them again and again.

Removing perspiration stains

Perspiration is not only annoying and unpleasant, it is also hard on clothing.

Perspiration is initially an acid that turns alkaline through bacterial reaction. Perspiration contains skin scales, soil and salts that can cause

Bank fees higher?

Notice any changes in the fees your bank charges you for service? According to the Consumer Federation of America, regular checking accounts cost 5 percent more than they did a year ago. Now accounts (checking accounts that pay interest) cost 13 percent more? Case in point: one commercial bank that used to offer free checking now charges \$3/month. The bounced check charge increased from \$8 to \$18!

But you can still find free or lower cost checking accounts if you shop around. Credit unions often offer free checking, and savings and loans may charge lower monthly fees than commercial banks.

Open a new account and your bill-paying money earns interest. But interest rates, fees, and minimum

deteriorating effects in many dyes and fabrics.

Perspiration may also cause color loss if left in the clothing too long. The misuse of anti-perspirants and deodorants may also cause dyes

and fabrics to deteriorate.

These tips for cleaning washable and non-washable fabrics may help to keep your clothing looking bright during those hot summer days.

For washable fabrics—spray the stained area with a pre-wash spray and launder. If a perspiration odor or stain remains, try the following: Soak in a solution of one quart warm water, ½ teaspoon liquid hand dishwashing detergent and one tablespoon ammonia for 30 minutes. Then, rinse with water. Follow with soaking the garment in a solution of one quart warm water and one tablespoon vinegar for one hour. Rinse with water then dry.

If the stain persists in delicate fabrics, apply alcohol and cover with a pad dampened with alcohol for delicate fabrics. Let stand as long as any stain is being removed. Rinse with water.

Bleaching may remove the final traces of stains. Use bleach as directed on the container label. Test the dye of a garment in an inconspicuous section to be sure the color will not fade.

The removal of perspiration and soil from non-washable fabrics is very complex and best left to a professional cleaner.

Professional spotting and cleaning procedures reduce the alkaline concentration and slow the destructive action of the perspiration.

Fundraiser was a success

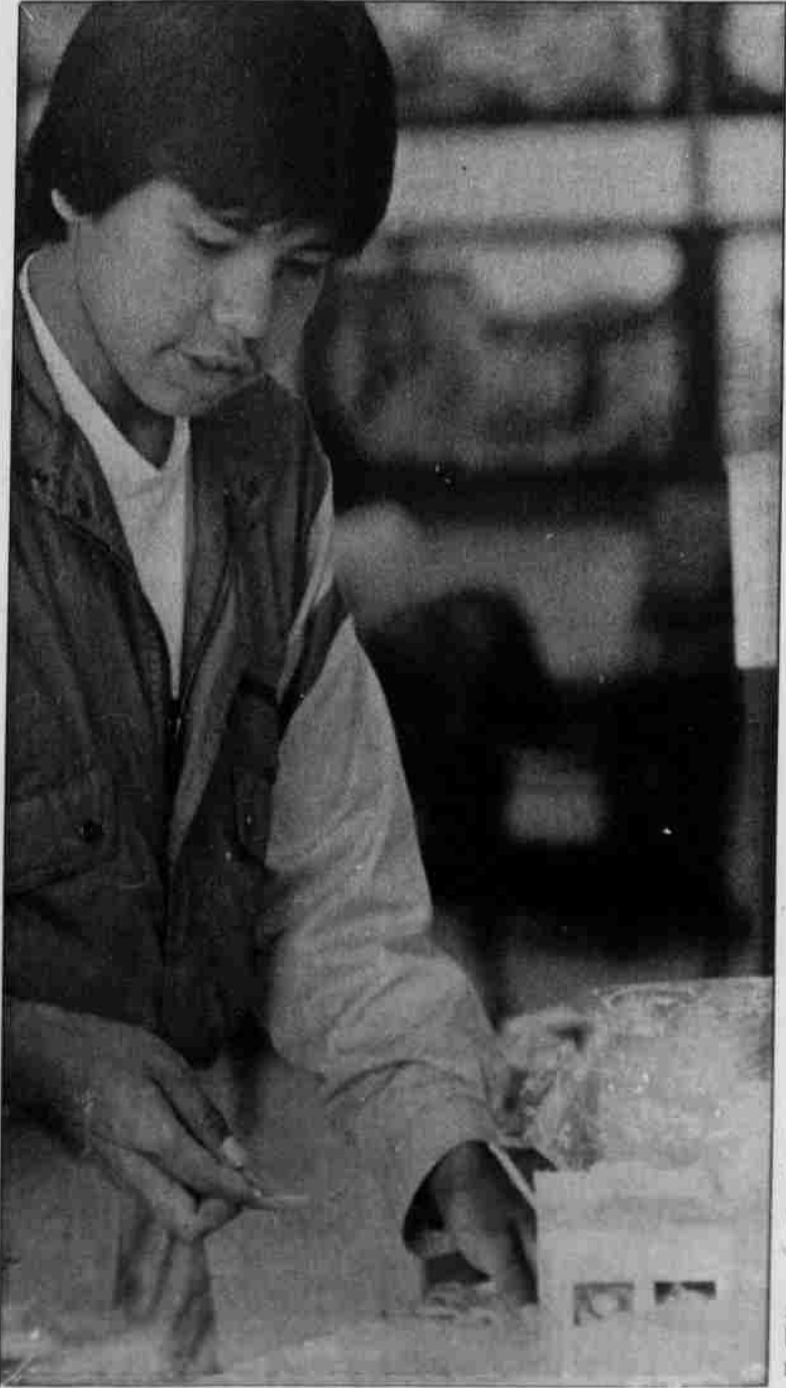
Thank you to all the Mother's and families who shared breakfast with us Sunday, May 11th.

The 4-H Leader's Association fund raiser was a success! The funds raised will help 4-Her's attend summer camp.

Thank you to all the 4-Her's,

leaders and parents who devoted their time and energies to this project!

Keep us in mind for Father's Day. The Warm Springs 4-H Leader's Association will be sponsoring another fund raising breakfast Sunday, June 15th.



Raymond Wells, Jr. prepares coffee for mothers during 4-H sponsored Mother's Day Breakfast.

Regular mowing, fertilizer fight lawn disease

Spring and summer signal renewal of the annual battle against plant diseases that can spoil the otherwise perfect appearance of a carefully manicured home lawn.

Lawn turf diseases that can cause problems in northwest lawns include leaf spot, blights, fairy ring and rust.

Fungicides are available for treatment of these problems, but cultural practices generally

will prevent serious outbreaks of the diseases.

Cultural practices include mowing the grass on a regular basis, clipping it to the proper height and giving the lawn an application of fertilizer when needed.

Most home lawns should be cut one-and-a-half to two-and-a-half inches in height and mowed often enough so that grass clippings do not exceed one-half

inch in length. If the grass is so high that the clippings are over one-half inch in length, they should be removed from the lawn.

A minimum fertilizer program for lawns includes one application in April, June and possibly September. Applications of a fertilizer such as 18-6-12 combination at the rate of 6-10 pounds per 1,000 square feet should provide adequate lawn nutrition.

Suggestions for safer lawn mowing

If operated carelessly, a lawn mower can be a very dangerous machine. Both small lawn mowers and the larger four-wheel tractor-type mowers need to be handled carefully or injuries to the operator or bystanders may result.

The following checklist is recommended for safer operation of both small and tractor lawn mowers:

Inspect the mower for loose nuts and bolts, and make sure all fuel line fittings are tight.

Check the mower blade for dullness, nicks and imbalance.

Be sure to service the mower regularly in accordance with instructions in the owner's manual. If a problem arises take the mower to an authorized servicemen.

Know the rules of safe operation recommended. Read the owner's manual.

Do not refuel a hot engine. Always fill the mower gas tank before starting the mowing operation.

Clear the area to be mowed of any rocks, bones, toys or other small objects that could get caught in the mower blades.

Try to avoid mowing steep slopes.

Keep loose gravel from nearby areas off the lawn and keep all surfaces level that the mower will pass over.

In addition to these guidelines, operators of tractor mowers are

advised to look behind before backing up the mower, to be careful of traffic near roadways, to disengage the mower mechanism before crossing drives and walks and to avoid carrying passengers.

Fertilize berry plantings in the garden

Most varieties of berries in the home garden could use an application of fertilizer in the spring. The exception is strawberries.

Fertilizing strawberries in the spring can cause too much vegetative growth and encourage soft, pulpy berries.

Strawberries are not heavy users of fertilizers. Fertilize them in August, after the berry crop is finished for the year.

On the other hand, red and black raspberries and a number of trailing berry varieties will benefit from an application of fertilizer in early April. Fertilizer recommendations are as follows: Red raspberries: 10-20-10 fertilizer (ten percent nitrogen, 20 percent phosphorus, ten percent

potassium), three cups per 100 square feet.

Black raspberries: 10-20-10 fertilizer, 2½ cups per 100 square feet.

Marionberries, loganberries

Think thin, eat slim

As you "battle the bulge," try these tips from successful dieters to strengthen your effort.

Avoid the nightly refrigerator raid or midnight snack.

Curb the temptation to eat "just a little more" by promptly removing dishes from the table.

Eat slowly, allowing time to enjoy your food. Remember that it takes about 20 minutes to feel satisfied during a meal.

Prevent clean-up from becoming another meal by storing leftover food immediately—out-of-sight, out-

there are less expensive but equally effective medications or therapies.

During or immediately after your visit, write down any instructions given to you and post them at home in a prominent place. If you encounter problems with prescribed treatments or medication, these should be noted and dated so that accurate information can be given to your doctor.

Remember that it is not only the physician who determines quality of life. The maximum potential of medical care is achieved when individual patients actively participate in their own care.

Self-care is especially important for people with chronic diseases or disabilities. Without active, daily self-care, these conditions worsen overtime.

Smoking impacts infant

Infants whose mothers smoke during pregnancy have a mean birth weight approximately six ounces lower than infants born to non-smoking mothers, and suffer from some impairment of growth and development during childhood. The cigarette smoking mother has nearly twice the risk of delivering a stillborn child as does the non-smoking mother. Cancer risk is also increased by 50 percent among children whose fathers smoke.

and thornless evergreen blackberries: 10-20-10 fertilizer, four cups per 100 square feet.

Boysenberries: 10-20-10 fertilizer, cups per 100 square feet.

Get right back to your diet if a binge makes your will power waver. Perseverance is the key to shaping up. Remember, when it comes to slimming, you have nothing but pounds to lose, and a slender new you to gain.